

THE OFFICIAL "VOICE OF THE '76 TORNADOES"  
NEWSLETTER OF ORANGE HIGH SCHOOL ALUMNI

July 2007  
Volume 1, Issue 4

Created by the Newsletter Committee of OHS '76 Alumni



## A letter from the Editor

### Contents

A letter from the Editor	1
Birthdays	2
Bon Appetite'	3
Eat Clean...Feel Clean	4
Have Ya heard!	5
Horoscopes	8
The Orange Blotter	9
Planning for Retirement!	11
Your Spiritual Health	13
Participants needed	14

Greetings OHS Class of '76 Alumni,

As you likely recall, July 2007 marks the one year anniversary of our 30<sup>th</sup> class reunion. What an occasion that was! Since that spectacular week-end, there are many of us that have been able to reestablish or begun new friendships and remain in regular communication to this day. Further, during this past year, additional alumni have been located so our '76 class network continues to grow. This newsletter began as a vessel to communicate the love we have for one another through written interaction and the sharing of events in one another's lives. This anniversary edition of our newsletter is chocked full of interesting articles to help refresh the well being of your spirit, body, finances and palate.

In addition, many of you have advised me of much good news to be shared with all. It is important to also mention notable accomplishments by our exceptional class this year which have included creation/distribution of this quarterly periodical, participation in the Kieran T. Shields 5K walk/run (physically and financially), and most recently, the establishment of a scholarship committee. Read on through this issue for information on how you too can participate in additional undertakings of our group as we keep on positively harnessing the energy of the '76 Tornados. 'Cause you know very well, that collectively we've always been quite a force to be reckoned with.



We are after all, "The '76 Tornados"  
- Nature's Fiercest Storm.

Peace and Blessings,

Tia M. Waller (Stizza)

### Newsletter Committee

Carl Coleman (Oct 2006 Editor)  
Stanley A. Dabney II (April 2007 Editor)  
Graphics/Design)  
Kim Simpkins (copy reviewer)  
Tia Waller (July 2007 Editor)  
Cyndie Webster (Jan 2007 Editor)



THE OFFICIAL "VOICE OF THE '76 TORNADES"  
NEWSLETTER OF ORANGE HIGH SCHOOL ALUMNI



"SO HARD TO BE A  
TORNADO!"

Year Book Memories



MOST LEADERSHIP ABILITY  
Boris Brewer, Carl Coleman



**Happy Birthday!!!!**

**June**

Romona Pearson - 2<sup>nd</sup>  
Richard Lewis - 28<sup>th</sup>  
Ronald Lewis - 28<sup>th</sup>  
Theresa Miller (McKitty) - 28<sup>th</sup>

**July**

Craig Burns - 7<sup>th</sup>

**August**

Marsha Phelps - 15<sup>th</sup>  
Rodney Bridges - 27<sup>th</sup>  
Robert Melton - 29<sup>th</sup>  
Brian (Jay) Johnson - 30<sup>th</sup>

**September**

John Larue 4<sup>th</sup>  
Beverly Joyiens - 8<sup>th</sup>  
Tia Waller (Stizza) - 9<sup>th</sup>  
Ricky Davis - 11<sup>th</sup>  
Eddie Nance - 17<sup>th</sup>  
Phillip (Fish) Lofton - 22<sup>nd</sup>

**October**

Larry Hopson - 3<sup>rd</sup>  
Stanley (Artie) Dabney II - 20<sup>th</sup>  
Romona (Williams) Lee - 30<sup>th</sup>



*Birthdays are the tolling of  
A bell that marks the coming of  
A time of festive joy and love,  
A time to treasure life and love.*

*So come and celebrate with me  
The circumstance that makes me, me:  
The moment when I came to be,  
And what I now have come to be.*

Please send your Birthday information to the following  
email address [voicetornado76@yahoo.com](mailto:voicetornado76@yahoo.com) .

**- "YOUR" HELP WANTED -**

Get On Up! - Get Involved! - Get Into It!

**Volunteers needed to help distribute our "Voice of the Tornado" Newsletter.**

Unfortunately, not all of our alumni have e-mail - therefore, many of them miss out on the information that is being shared via this newsletter. We would like to implement a volunteer group that would print and "snail mail" our e - publication to OHS Class of '76 Alumni such as those. Each volunteer would be provided the name and address of 3 classmates to send the newsletter. Since our e-publication really has no budget (it's a labor of love ya'll!), we are asking that you donate your time and a few dollars every 3 months to participate in this print mailing effort.

To involve yourself on this **TEAM**, or for more information -

**Please contact:**

Tia Waller (Stizza) 770.530.4806 or [tstizza@yahoo.com](mailto:tstizza@yahoo.com)

- OR -

Phillip (Fish) Lofton 973.820.7446

**Remember.....Together Each Achieves More!!!!**

THE OFFICIAL “VOICE OF THE ’76 TORNADOES”  
NEWSLETTER OF ORANGE HIGH SCHOOL ALUMNI



**Bon Appetite’**  
**Let’s Have a Seafood Party!!**



**June V. Morgan (McRae)**

Recently, some friends and I were shooting the breeze out on the terrace one Saturday. After a hard day of playing “Rise and Fly Spades,” a game that started at about 11:40 a.m. and ended at 4:00 p.m., we are all exhausted (or otherwise, “played out) and we all decided we wanted to have dinner. So they each gave me \$10 a piece and said, “Well, we’re not going any place, we are staying here! Here’s the money, cook what you want.”

Well, what did they say that for? Since it was outside and a little chilly, I decided we would have a soulful “Seafood Boil.” So with my \$100 I went to the supermarket which had an abundance of the seafood choices I wanted. We threw all the ingredients in a large pot and cooked away. Afterwards, we pumped up the music, spread out the newspaper, opened a few beers and dug into the pot. Well, you can imagine the rest of the story. To make it short, nobody said a word, but the pot, including the juices, was empty. And a “finger lickin” good time was had by all!

Take some time out, everyone chip in and have a Seafood Party! The ingredients are endless—the results, fantastic and fun. Those persons on low carb diets will thank you, and satisfaction is guaranteed!

As always, Bon Appetite’!

This can be done outside or inside.

Place the following ingredients in a large pot.

- 2 bottles of wine or you can use beer or a combination of both
- 12 large fresh garlic cloves, mashed, but not minced
- 2 cans chicken broth
- 2 sticks of butter or margarine
- 2 large onions cut in fourths
- 5 carrots cut into chunks
- 5 stalks of celery cut into chunks
- 1 pound of (small) red potatoes
- 1 ear of corn per person, cut into 4 pieces
- 2 containers of cherry or grape tomatoes
- Old Bay Seasoning to taste
- Salt and pepper to taste
- 1 bunch fresh parsley
- 1 bunch of fresh basil
- 12 pounds shellfish (clams, mussels, crawfish, shrimp)
- 5 pounds of fish (monkfish works very well, also scrod)
- Lobster if you can afford it



Combine wine, garlic, chicken broth, onions, carrots, celery, potatoes, corn, butter, salt, pepper, basil and parsley in a large stockpot. Bring to a full boil, cook until potatoes are just tender. Add water, if necessary, but make sure it is boiling. Then, drop in the fish and the cherry tomatoes. Bring to another boil, then drop in the clams, mussels, crawfish and shrimp and cook about 1 minute per pound. DO NOT EAT ANY SHELLFOOD THAT DOES NOT OPEN. DISCARD. If you are using lobster, add and cook the lobster 7-8 minutes per pound.

# THE OFFICIAL "VOICE OF THE '76 TORNADOES"

NEWSLETTER OF ORANGE HIGH SCHOOL ALUMNI

## Eat Clean... Feel Clean!!!

Welcome back my fellow Tornadoes to another edition of Heath Alert. Hopefully, everyone at least had a medical checkup in the last year, as pointed out in the last edition, because one must be aware of ones body, like understanding the gears of an engine. If you have taken heed, let's go into another element of obtaining the "Inner Triad." Remember, as stated from the first article that the "Inner Triad" was explained as a well balanced, inner connection between the "spiritual, physical, and mental strengths of oneself. What we eat, and how it effects our bodies should be observed carefully.

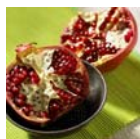
Many of us have forgotten the mainstays of nutrition because of the high pace world we live in. Consequently, as the fast food industry increased, so have our waistlines and more importantly, it has affected our health. Although exercise aids in maintaining health, diet is the major ingredient in obtaining good health. Good health, is a direct result of what we put our mouths. Let's look at some suggested diet and seasonal cleansing habits.

### Eat fresh:

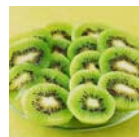
The more fresh you eat the better you will feel. Due to the demands of keeping up with making a living, and maintaining a household, most people try to compensate by either buying fast food or food already prepared. This is probably the greatest mistake of obtaining good health. If you look across the economic divides, it is startling evidence that obesity is targeted at the economically disadvantage. With obesity comes a very high chance of diabetes, high cholesterol, and high blood pressure. Without doubt, these death sentences also can be associated with predetermined factors, such as genetics, ethnicity, and gender

However, knowing and understanding fresh nutritious facts can at least prolong the inevitable. Eating canned and preserved foods are in fact a casualty to our health when you look at what nutritional contributions they give. If anything, buying frozen is much more a benefit than canned products. There are a lot of foods with great health and healing properties, but here are the top 6:

**Pomegranate**, this fall fruit has higher antioxidant activity than red wine and green tea, which may be why a number of studies show it, may prevent skin cancer and kill breast and prostate cancer cells.



**Kiwifruit**, don't judge this fruit by its cover: Under that bristly brown peel you'll find a bright green star bursting with antioxidants and full of fiber. Kiwifruit works to protect against free radical damage and Lower blood-clot risk.



**Barley**, when some whole grains, such as wheat and oats, are processed, they lose their fiber content. Not so with barley, this is full of soluble beta-glucan fiber in its whole kernel or refined flour form. Studies



show this particular fiber may, knock down bad cholesterol by as much as 17.4%. Decrease blood sugar and insulin levels makes barley a better choice for people with type 2 diabetes.

**Cranberry** This born-and-bred American berry is among the top 10 antioxidant-rich foods, making it a potent cancer protector. It helps treat urinary tract infection, and perhaps you heard it prevents gum disease, too, but did you know that these beneficial berries may, eradicate E. coli. Compounds in the juice can actually alter antibiotic-resistant strains, making it impossible for the harmful bacteria to trigger an infection.



**Broccoli Sprouts**, Broccoli sprouts are even better than the mature counter part. At a mere 3 days old, they contain at least 20 times as much of disease-fighting sulforaphane glucosinolate (SGS) as their elders; SGS has been shown to kill tumours. The chemical triggers enzymes in the body that either kill cancer cells or keep them from growing. Just 1 ounce of sprouts has as much SGS as 1 1/4 pounds of broccoli. That'll save you lots of chewing. People who ate about a half cup a day of sprouts lowered their total cholesterol by an average of 15 points.



Continued on page 7

THE OFFICIAL "VOICE OF THE '76 TORNADOES"  
NEWSLETTER OF ORANGE HIGH SCHOOL ALUMNI

*Have ya heard!?!*



**From Munwell & Tomoko Barrett:**



On the recent birth of his son - "His name is Kaisei, Kaisei means "Ocean Star" in Japanese. He was born at St. Johns Medical Center in Santa Monica CA on May-16-2007 at 09:01pm. He was 20 inches long and his weight was 7lb-15oz. Yes, I was there to assist of course. He is a beautiful boy and I love him more and more everyday I see his face. I love my son. Wait! His full name is Munuwell Kaisei Barrett Jr. But I am calling him Kaisei to honor his family in Japan. He will have two passports USA & Japan as he will have citizenship in both countries."



All we can say, Munwell & Tomoko is - great job !! He's beautiful - take good care of him ..he's our newest Tornado !!

**From Marsha Phelps:**

"Maryssa is the daughter of Marsha Phelps and an aspiring senior of the Class of 2008. Currently attending Marylawn of the Oranges in South Orange, NJ, she is a conscientious student, participates in extracurricular activities, and is looking forward to graduation. She is a dedicated member of the Ecclesia "Praise" Choir in Patterson. She wishes that she could have also been an "Orange Tornado".

To my classmates, Class of '76, keep us in your thoughts and prayers."

Marsha - We are extremely happy for you and your daughter!!



**From Craig Burns:**

"Hope all of my class mates are well and in great spirits. And in the month of August from the 18th thru the 25th I'll be hanging out in the city of Charlotte, N.C. for a Shriners convention, I'll be staying at The Marriott Center City downtown. Anybody in the

Craig - we hope you have a great time - the Shriner's is a wonderful organization - we're glad you are a part of it!!



Charlotte, NC  
Skyline

**From Ronald (Sid) Cook:**

"My son Ronald Wayne Cook graduated in May from American International University, Springfield, MA with a Master's Degree in Education and Human Resources. We are extremely proud of him and his accomplishments" Also, Sid & Tia Waller (Stizza) took a "road trip" together in June - They drove from MD to NJ to spend some time with their families.

Sid - We are proud of your son & happy for you too!! Hope your trip was fun !



**From Phil (Fish) Lofton:**

"The great news is - I finally found a Church Home - Broad Rock Baptist Church, Richmond, VA... Pastor Kevin Cook (yeah, Sid's brother)." ... "I also traveled with my grandson ("Lil Phil) to Richmond, VA to hang out with Sid Cook on Mother's Day week-end (which is when I joined the church) and later to CA in June for a visit with Munwell Barrett and see his new son, as luck would have it I was also visiting my friend Barry Preyor - who coincidentally is an Alumni of Munwell's from FAMU (Also Munwell's Alma Mater) - we had a great visit and a great time ! "

Fish - You certainly are a globe trotter - Thanks for keeping the '76 spirit alive & well!!



**From the Class of '76:**

Sincere condolences to Donna Brown (Lanier) on recent the loss of her father - Wlibert A. Lanier Sr., June 9<sup>th</sup> 2007.

Donna - our thoughts and prayers are with you and your family.

THE OFFICIAL "VOICE OF THE '76 TORNADOES"  
NEWSLETTER OF ORANGE HIGH SCHOOL ALUMNI

*Have ya heard?!! Continued*

**From Theresa Miller (McKitty):**

"I have Good News I lost 42 pounds since Jan. 4<sup>th</sup> 2007. I had Major Surgery on my Ankle last summer and I missed the Class reunion...I am glad that my son is Home from a Detention Facility so that is really Good News for me. My other two children Alexis, Graduated Seton Hall and my youngest son made permanent for Rail at New Jersey Transit so I couldn't be Happier!!! Everyone Have a Great summer Hope to see everyone at the next go round."

**Theresa - Girl, we're sure you are lookin' good! All the best to you & your family!!**

**From June Morgan (McRae):**

On Wednesday, May 23, 2007, Arlene W. King, Director/Principal (EO School System), presented me with the 2007 Director's Award. The beautiful mug was engraved with the following:

- June Morgan
- 2007 Director's Award
- For Dedicated Service and Support

In addition, June traveled to Atlanta, GA to Atlanta, GA in July (for the 4<sup>th</sup>) to visit her son (Randell) and daughter (April) - she also spent some time with Tia Waller (Stizza) while in town.

**June, you are an amazing person - congrats on your award & we are all looking forward to seeing you wherever, whenever!!**



**From Ava Roland:**

"Please give my heartfelt congratulations & best wishes to my girl, Varinda Allen.... Varinda was joined in holy matrimony to Mr. Barrington Irving on June 29<sup>th</sup>. Their wedding took place in picturesque, sunny Jamaica with about 50 guests in attendance.

**Ava - Thanks for the info.... Varinda, we all wish you the very best!!! Congrats!!**



**From Tia Waller (Stizza)**

I want to thank you all for your prayers! My eldest son Bruce A. Smith Jr. (Gunnery Sergeant USMC) is scheduled to return home from Fallujah, Iraq on August 18<sup>th</sup> - fortunately, his tour has not been extended for six months as many of our troops have... Please keep praying for all of them to safely come home! He has also recently earned his black belt in the Marine Corps Martial Arts. Program



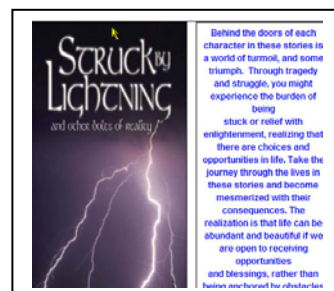
**Tia - We are glad your son will soon be home - Give him a hug from us all !!**

**From Cyndie Webster:**

"...my first book was published. So far, I've gotten good reviews where people are telling me that they were hooked and couldn't put it down. I will be an exhibitor at the Harlem Book Fair on July 21<sup>st</sup>, selling books and doing book signings."

For Harlem Book Fair info - <http://www.qbr.com/page5208.asp>

**Cyndie - Wow!! Another published author from our class ?? You go girl!! We are so very proud of you and your accomplishments - keep it up!!**



**From Stanley (Artie) Dabney II:**

"My son Stanley A. Dabney III (Trey) has begun a career in fashion modeling - we call him 'Lil GQ and are very excited for and proud of him'...."Also my granddaughter Kamyryn-Elise just celebrated her very first birthday".



**Artie -he is sooo handsome! Congrats to you & him & your granddaughter!!**

# THE OFFICIAL "VOICE OF THE '76 TORNADOES"

NEWSLETTER OF ORANGE HIGH SCHOOL ALUMNI

## *Eat Clean... Feel Clean!!! Continued*

### Who's who?



**Kefir** This cultured milk drink stacks up in calcium, one 8-ounce serving contains 30% of the recommended daily intake and contains more beneficial bacteria than yogurt. It may also, reduce food allergies and Avoid triggering lactose intolerance, Kefir contains lactase, the enzyme that people with lactose intolerance are missing.



### Cleansing:

Cleansing is the basic way of elimination of all disease in the body. The basic cause of failed health is the habits of improper diet, inadequate exercise, negative mental attitudes and lack of spiritual belief. Most religions have periods of cleansing and spiritual atonement to maintain their philosophy of obtaining spiritual enlightenment. However, looking at this suggested practice of cleansing is strictly from a health perspective. Four times a year, usually during the sun solstices a cleansing should be planned. There are many supplement products that are out there to purchased to aid eliminate toxins from the body, but eating fresh raw fruits and vegetables is where it should start.

Typically, a cleanse should last at least 7 days but 14 days give its full benefit of eliminating toxins from the colon. The colon is where many toxins camp and sometimes exists for months at a time because of poor diet. As a result, we consume more toxins before we can get rid of them.

Smoking, drinking alcohol, and prescription drugs also prevent the body of properly digesting what we eat resulting in holding on to toxins. A simple cleanse can make you feel energetic and alert. The subject of cleansing is can be very broad in understanding and more information can be obtained from a health food store and library.

As a disclaimer, I am not a nutritionist, doctor, nor have I any medical training; these suggestions should be consulted with a doctor for any underlining health issues. However, these practices have made me feel energetic and mentally vibrant. As we approach the prime times of life, keep your diet in mind, practice eating less meat and more fresh produce can help obtain, retain, and sustain good health. Next issue will look at some exercise regimens, for the basic maintenance of good health. "Keep the power in the storm, Tornadoes Forever."

**Stanley A. Dabney II**



# THE OFFICIAL "VOICE OF THE '76 TORNADOES"

NEWSLETTER OF ORANGE HIGH SCHOOL ALUMNI

## Horoscopes



Wheel of the zodiac: 6th century mosaic pavement adapting Greek-Byzantine elements from a synagogue, Beit Alpha, Israel

### Your Horoscopes - 2007 Major Trends

#### **Cancer (June 22 - July 21)**

**OVERVIEW:** Being the ultimate caregiver to those you love, you thrive in your relationships this year. Your understanding and compassion are an inspiration to others, and your optimism is contagious. This year brings opportunities to explore new horizons through travel and/or spiritual studies. This is a wonderful time for you to build more resources in your life. You will feel confident and satisfied with how you spend your time and money. You love the comforts that luxury brings, and will enjoy decorating your home with fascinating art objects. Developing your own musical and artistic talents brings you pleasure. Gardening and/or interior design may interest you as well.

#### **Leo (July 22 - August 22)**

**OVERVIEW:** Your sunny disposition will bring harmony into your life this year, resulting in an integration of all that you are becoming. Your love for pleasure and natural beauty will help you recreate yourself. You are dynamically active with lots of friends and group associations, and you love diversity and stimulation. You do well organizing group activities, be it a party, a meeting or a social event. Making a career out of this would be especially good since you are such a socially-oriented person, not to mention a great organizer with a gift for details.

#### **Virgo (August 23 - September 22)**

**OVERVIEW:** Maintaining positive friendships and close personal relationships is a high priority for practical Virgo this year. Your family and home life will be a source of great happiness and pleasure as you spend time building good relationships. You share your opinions openly and honestly. Surrounded by inspiring artistic people, you will have a desire to express your own creativity. Variety and versatility give you the urge to take up many different skills.

#### **Libra (September 23 - October 23)**

**OVERVIEW:** Balancing acts are something you do very well, and you'll be regular tightrope walker this year! You have a natural ability to patiently give people your valuable time, and weigh new ideas without jumping to conclusions. Lots of rewards both personally and professionally will come from being able to work hard creating various successful projects in your career.

#### **Scorpio (October 24 - November 22)**

**OVERVIEW:** Passion carries you far this year in the realms of creativity and expression. Getting in touch with and appreciating more of your passionate nature will transform you in a way that results in putting more money in the bank. You could easily work as an advisor for big companies or in public relations. You understand what motivates people to do a good job and will find yourself in situations where people want your advice. Your creative insight expresses itself in dynamic ways and you will gain lots of recognition.

#### **Sagittarius (November 23 - December 21)**

**OVERVIEW:** Your strong sense of self will get you through almost anything this year, and your confidence will enable you to take on any new opportunities that come your way. You're focused on communicating more, and may find that writing becomes more predominant in your career. You really enjoy working and being gainfully employed. You're energetic and happy nature gives a lot to others in ways that make them feel very comfortable. People know that you're sincerely interested in what they have to say because you're such a good listener.

#### **Capricorn (December 22 - January 20)**

**OVERVIEW:** A hard worker, you will find new ways expressing yourself this year. Your practical approach to life makes it important to stay focused on getting things done in a timely manner. You are taking life very realistically this year and are feeling very serious. You don't like to spend time discussing topics that are not of interest to you, and it's important that you not engage in activities that don't pique your interest.

#### **Aquarius (January 21 - February 19)**

**OVERVIEW:** This year, idealistic Aquarius shines brightly. You truly are a visionary with a high sense of purpose and an advanced way of thinking. It will be very easy for you to express your individuality and altruistic ideals. New opportunities will arise to express your true feelings and perceptions in ways that increase your confidence.

THE OFFICIAL "VOICE OF THE '76 TORNADOES"  
NEWSLETTER OF ORANGE HIGH SCHOOL ALUMNI

## Horoscopes Continued

### Pisces (February 20 - March 20)

**OVERVIEW:** Pisces is having a once in a lifetime opportunity for great changes this year. You will be having the time of your life, expressing your loving and compassion to the world and fulfilling your boldest dreams. There won't be a dull moment and you will intuitively know exactly what path to follow and what feels right in your heart.

### Aries (March 21 - April 20)

**OVERVIEW:** Motivation and hard work will help you recreate your life, giving you new opportunities in your career this year. Change is in the air. Go forward and walk through the doorways that life is opening for you. The positive energy you have cultivated will pay off in big ways. Work has always been very important, but you may start feeling some confinement or restriction in your freedom to be who you want to be.

### Taurus (April 21 - May 21)

**OVERVIEW:** Optimism will help you break out of any routines that you want to be free of this year. Focusing on your idealistic approach to life will afford you exciting new opportunities in education and travel. You love exploring the philosophical side of things. Making your home and family environment comfortable is a high priority. Your nurturing desires will return many rewarding opportunities as you build harmonious relationships in your family. Besides needing to work hard to form strategic alliances, you will find groups of people to support you in your business and financial concerns.

### Gemini (May 22 - June 21)

**OVERVIEW:** Gemini thrives on change, variety and mental stimulation. You will attract these in all areas of your life, making for a very exciting year. Use your talent of looking at your emotions objectively to come to terms with them when you don't understand logically what's going on in your life. Emotions are like events to you, and you have the ability to categorize them well. Your ability to feel connected with people will help keep strong relationships going this year. Treat life's challenges as projects and you will inevitably figure out what's going on.



## The Orange, NJ "Blotter" (For those of us no longer in NJ)

- More than 9 months after the shooting death of Orange Police Detective Kieran T. Shields, the man accused of his murder has been indicted. An Essex County grand jury returned an 8 count indictment against Raynard "Trouble" Brown on May 18<sup>th</sup>. The charges included one count of murder, two counts of first degree attempted murder, two counts of second degree aggravated assault and related weapons offenses. FYI -Raynard Brown is the son of Reynolds Brown (an upperclassman when we were in OHS).
- Members of the Orange Fire Dept. are reacting to the recent report on the feasibility of a volunteer fire company in the city of Orange..... The current training requirements have changed that the report states. The potential recruit today has no opportunity to ride an engine or ladder truck through the city with red lights flashing and siren wailing.
- Firefighter Derrick Brown does not like the spotlight very much, but apparently there are some people who think that he deserves it. For the last 3 or 4 years, Brown has been trying to help the less fortunate of the city of Orange. He began by feeding people at Thanksgiving. Brown and his group fed 107 hungry people last Thanksgiving. Brown also led the fight to receive an \$80,000 grant for a workout room at fire headquarters.
- Central Pool will not open during this 2007 summer - The pool was ordered closed for the last two weeks of the 2006 summer season due to a major rupture in one of the pipes. At the time, the pool had been scheduled, and the city obtained funding from the NJ

# THE OFFICIAL "VOICE OF THE '76 TORNADOES"

NEWSLETTER OF ORANGE HIGH SCHOOL ALUMNI

## *The Orange, NJ "Blotter"* *(For those of us no longer in NJ) Continued*

- State Livable Communities program for general pool repair & maintenance. However, the \$100,000 grant would not have been enough for the unexpected repair, which has been estimated at \$500,000... The 100,000 grant will be used for the Metcalf facility.
- UEZ Donates Police Cruisers - Orange Mayor Mims Hackett, Jr. and Police Director Aric Webster (Cyndie's brother) proudly accepted the delivery of 4 new Police Cruisers funded by the Orange Urban Enterprise Zone Program (UEZ). The vehicles are equipped with state-of-the-art maintenance features, electronic lighting, and video capabilities.
- African Cultural Center - Mayor Mims Hackett, Jr. attended the opening of the non-profit African Cultural Center on February 25<sup>th</sup>. The event was co-sponsored by the African Cultural Center of Orange, and The House of Africa in East Orange. The purpose of the event was to educate, entertain, and preserve the rich cultural heritage of the African people for future generations.
- Orange Police Detective Willie Coley has been reinstated following his arrest on charges related to his alleged sexual abuse of a girl from the time she was 8 until she was 16. "He's been reinstated in a modified capacity," said Orange Police Director Aric Webster. "He will be assisting in administrative matters. He will not be patrolling the streets or conducting investigations.".... Webster indicated the decision to reinstate Coley came after the Orange Police were made aware of additional information to the circumstances surrounding the incident.
- Alford realizes NFL Dream - Jason (Jay) Alford came home to Orange to watch the NFL Draft.... Alford a 6'3", 300 lb defensive tackle was selected by the NY Giants in the 3<sup>rd</sup> round of the 2007 draft. Alford, is a 2002 OHS graduate and earned a football scholarship to Penn State.
- OHS Football back at home - After playing its entire schedule on the road last season, the Orange High School football team is excited about playing home games this upcoming season. The Tornadoes were forced to play all their games on the road last season after Northern Hills Conference officials deemed Bell Stadium's artificial turf unsafe on which to play. Renovations have begun at Bell Stadium - Phase 1 of the project consists of installing a new state-of-the-art surface called Fieldturf, along with a new scoreboard, public address system and goal posts, and is expected to be completed by Sept. 1, just time in for the start of the football season.



ACTIVE SCOUTS... Orange Troop 11 stand with Scoutmaster Leroy Webster at the opening meeting of the Camp Development Fund at West Orange High School.

### **Orange scouts hold camp fund ceremony**

Orange Troop 11 of Heywood Avenue School, with Scoutmaster Leroy Webster, held the opening ceremony for the District 'kick-off' meeting of the Camp Development Fund last week in West Orange High School. Chairmen from Livingston, West Orange and Orange made plans to gather \$750,000 in funds to build facilities at Crossett Lake near Fort Ann, N.Y. Orange Mountain Council has a new 850 acre camp there which is being readied for Scouts summer-camping. \$180,000 has been received so far. Scoutmaster Webster is Orange chairman for the drive.

## ***Planning for retirement - top things to know***

As we grow nearer to retirement and if you haven't already done so - it's time to financially plan for that part of our lives. Setting goals based upon needs and realistic future desires is what this article is designed to help you get started with.

### **1. Save as much as you can as early as you can.**

Though it's never too late to start, the sooner you begin saving, the more time your money has to grow. Gains each year build on the prior year's - that's the power of compounding, and the best way to accumulate wealth.

### **2. Set realistic goals.**

Project your retirement expenses based on your needs, not rules of thumb. Be honest about how you want to live in retirement and how much it will cost. Then calculate how much you must save to supplement Social Security and other sources of retirement income.

### **3. A 401(k) is one of the easiest and best ways to save for retirement.**

Contributing money to a 401(k) gives you an immediate tax deduction, tax-deferred growth on your savings, and - usually - a matching contribution from your company.

### **4. An IRA also can give your savings a tax-advantaged boost.**

Like a 401(k), IRAs offer huge tax breaks. There are two types: a traditional IRA offers tax-deferred growth, meaning you pay taxes on your investment gains only when you make withdrawals, and, if you qualify, your contributions may be deductible; a Roth IRA, by contrast, doesn't allow for deductible contributions but offers tax-free growth, meaning you owe no tax when you make withdrawals.

### **5. Focus on your asset allocation more than on individual picks.**

How you divide your portfolio between stocks and bonds will have a big impact on your long-term returns.

### **6. Stocks are best for long-term growth.**

Stocks have the best chance of achieving high returns over long periods. A healthy dose will help ensure that your savings grows faster than inflation, increasing the purchasing power of your nest egg.

### **7. Don't move too heavily into bonds, even in retirement.**

Many retirees stash most of their portfolio in bonds for the income. Unfortunately, over 10 to 15 years, inflation easily can erode the purchasing power of bonds' interest payments.

### **8. Making tax-efficient withdrawals can stretch the life of your nest egg.**

Once you're retired, your assets can last several more years if you draw on money from taxable accounts first and let tax-advantaged accounts compound for as long as possible.

Continued on next page

THE OFFICIAL “VOICE OF THE ’76 TORNADOES”  
NEWSLETTER OF ORANGE HIGH SCHOOL ALUMNI

**9. Working part-time in retirement can help in more ways than one.**

Working keeps you socially engaged and reduces the amount of your nest egg you must withdraw annually once you retire.

**10. There are other creative ways to get more mileage out of retirement assets.**

For instance, you might consider relocating to an area with lower living expenses, or transforming the equity in your home into income by taking out a reverse mortgage.

**What should I do first?**

*The path to a successful retirement starts with creating an overall plan.*

To live well in retirement, you no longer can rely solely on a company pension plan or Social Security. Instead, you will have to depend on how skillfully you plan and invest, and whether you make good use of tax-advantaged savings plans such as 401(k)s and IRAs.

First, estimate how much you will need. One rule of thumb is that you'll need 70 percent of your annual pre-retirement income to live comfortably. That might be enough if you've paid off your mortgage and are in excellent health when you kiss the office goodbye.

But if you plan to build your dream house, trot around the globe, or get that Ph.D. in philosophy you've always wanted, you may need 100 percent of your income or more.

Remember, too, that your health care expenses are likely to go up in retirement, if only because you'll be paying more for insurance.

Second, figure out how you'll meet those expenses. There are three main sources of retirement income: Social Security, pensions and annuities, and your savings. Start by determining your estimated Social Security benefits. (If you haven't already received a statement in the mail, you can order one [online](#) or use an [online calculator](#) to make estimates based on expected earnings.)

Next, add in any annual payouts you expect from an annuity or company pension.

If it's not enough, it's time to think about where that money will come from. Count on needing at least \$15 to \$20 in investment savings to cover each dollar of that shortfall. If your projected retirement expenses exceed Social Security and pensions by, say, \$20,000 a year, that means you'll need a nest egg of \$300,000 to \$400,000 to bridge the gap.

**Here's to you and your financial health!**

**Tia M. Waller (Stizza)**



# THE OFFICIAL “VOICE OF THE ’76 TORNADOES”

NEWSLETTER OF ORANGE HIGH SCHOOL ALUMNI

## Your Spiritual Health

One of the most famous and heard of statements made by a person regarding spirituality is that “I am a spiritual person”. What does that really mean? How can spirituality be defined? Is it a relative expression? If so, then spirituality is what ever you make it therefore, spirituality has no bounds, guidelines, standard precepts, theoretical essence or universal moral value. Subsequently, great and renowned men have thought the same way; Charles Manson, Hitler, Mussolini, Stalin, Saddam Hussain, Bin Laden, Idi Amin, Papa Doc, Jeffery Dahmer and others. This may seem a little extreme but it’s true. If spirituality is not defined properly we can end up like the names just mentioned. They either thought that they were god or made god in an image according to their vain imagination. We live in a world that is in a state of constant change due to industrialization, modernization, and a sophisticated environment that has developed a plethora of emotional, mental and physical health problems. These changes have been known to effect and affect the mental and physical disposition of a people.

One of the questions today is, “How can I prevent or avoid further unawareness and participation in these life threading matters?” Well, understanding what to do can be as difficult to pin point as a needle in a haystack. Doctors, philosophers, psychiatrics, Oprah Winfrey and even Dr. Phil. have taken their swing at answering the age-old questions about how a person can maintain optimal physical, mental and spiritual health. Many times this perspective of spirituality leads to very common statements made in situations wherein people feel that they are acting spiritual such as:

It’s all relative (New Age teaching)

It’s my Prerogative (Bobby Brown)

I’m doing me (Frustration)

The devil made me do it (Geraldine - Flip Wilson Show)

Everyone is doing it (Plan Ignorance)

We all are going to die of something (World biggest excuse for doing what you want)

A mind is a terrible thing to waste (Famous Commercial)

I can’t help myself (Jeffery Dahmer)

It’s my thing and I do what I want to do (Old school song - Isley Brothers)

It’s a free county therefore I can say and do what I want too” (Freedom of Speech)



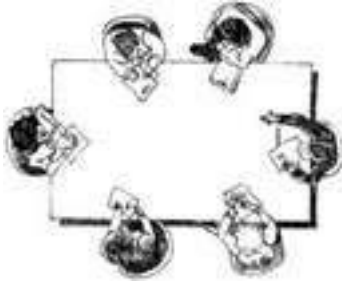
Well, my answer to the question is “We must define spirituality in a manner that is quantifiable and qualify-able in terms of: **Character:** Spirituality involves the control by the spirit of God (which God) and the glorification of the spirit. Let’s define spirituality in a manner that is quantifiable and qualify-able. I will use the oldest and best selling book of all times to prove this fact “The Word of God and The Holy scriptures” (***please notice that I did not say the Bible, call me if you would like to know why***). Spirituality involves control by The Spirit (Ephesians 5:18), and glorification of the Spirit which has come to glorify Christ not mankind (*don’t hate it’s a dangerous disease and very contagious*) (John 16:14) therefore the spiritual person will manifest Christ in his/her actions if they **truly believe**.

**Conduct:** The spiritual believer will imitate Christ (Gal. 2:20). In addition, they will exhort to follow in character of Christ then the life that they live will imitate Christ by which is the result of correct discerning and mature use of scriptural knowledge (Hebrew 5:13-14). **Spiritual Knowledge:** Is applying and demonstrating ways to work through the complexities of Christian living so that you do which is right and scriptural and also useful and for the good of others.

**Attitude:** The spiritual person will exhibit at least 2 basic attitudes throughout life: (1) Thankfulness (Ephesians 2:20), “Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ”. This admonition follows that command to be filled with the Spirit and therefore having a Spirit-filled-life. This means always and in all situations (for all things). (2) **Important:** Mumbling, grumbling, discontent, complaining and negativism will not characterize a spiritual Christian. This does not mean that we can never criticize in the sense of using discernment (Philippians 1:9-10). But the kind of attitude that blames God for what we do not like is **not** a characteristic of genuine Spirituality. Finally, true spirituality will be seen in your home, among friends, fellow worshipers and in public. One of the easiest places to be spiritual is in public; the most difficult is at home. Many people show professional spirituality in public while living carnal or worldly lifestyles at home. Spiritual relationships should be intimate and continuous. This relates again to being filled with the Spirit of God (Ephesians 5:18-21) which proves the Holy Scriptures basis for this characteristic of Spirituality. A mature relationship with spirituality is one which will be demonstrated in one’s personal life, family life, church life and life **when no one is looking or watching. (But God sees all).**” That’s Spirituality!!!!!!

By Larry D. Hopson, School mate, Friend, Brother and Reverend.

THE OFFICIAL "VOICE OF THE '76 TORNADOES"  
NEWSLETTER OF ORANGE HIGH SCHOOL ALUMNI



**"SO HARD TO BE A TORNADO!"**

**Poem from our '76 Peal**

By

Regina Rennick

**Summer Poem**

and the sun reflects brightly through  
the tree leaves; twinkling like tiny  
starlight before our eyes and we are  
one with nature, and with ourselves  
and what we are. Summer you are the  
re-acquaintance of all beautiful things,  
the coming together of souls and the  
warmth of life

The warmth of life!

**Participants Needed - OHS Class of '76 Dinner Meeting Planned for September 22<sup>nd</sup> @ 5pm**

The Scholarship committee is coordinating a get together "Interest" dinner meeting. Your presence is respectfully requested (if at all possible). They would like to discuss -

- Formation of additional committees
  - Scholarship Activities (for fundraising)
  - Newsletter - future committee
- And just have a little fun!!



Kindly respond by August 15<sup>th</sup> via e-mail if you'd like to attend: [cyd602@yahoo.com](mailto:cyd602@yahoo.com). Venue details as well as associated costs will follow via E-vite to those that respond by the above date.

**Answers to Who's Who!**



Carl Coleman



Kevin Lewis



Bylena (Yane) Barrett



Ronald Nichols



John Andrews

**In Closing.....**

Well, dear 76 alumni, we hope you enjoyed reading this volume of the "Voice of the 76 Tornadoes". Hopefully you found it both informative as well as entertaining - remember this is your newsletter, your voice. If there is anything in particular that you'd like to see included in future issues just let us know. If anyone is interested in being apart of the Newsletter committee or you'd like anything to contribute, please contact us at our new e-mail address at: [voicetornado76@yahoo.com](mailto:voicetornado76@yahoo.com) by September 30, 2007.